

CHINESE COOKERY



*CHINESE
COOKERY*

*a hundred
practical recipes
by
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*with
decorations
by
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*FABER AND FABER
LONDON*

*First published in Mcmxlili
by Faber and Faber Limited
24 Russell Square London W.C.1
Second impression June Mcmxlili
Third impression October Mcmxlili
Fourth impression March Mcmxliv
Printed in Great Britain by
Latimer Trend & Co Ltd Plymouth
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INTRODUCTION



As in many other fields, China has a long history in culinary art. Confucius is reported to have said in his Analects as early as twenty-five centuries ago that when observing rules for preparation of sacrifice there was no objection to his rice being of the finest quality, nor to his meat being finely minced. Rice affected by the weather or turned he must not eat, nor fish that is not sound, nor meat that is high. He must not eat anything discoloured or that smells bad. He must not eat what is over-cooked nor what is under-cooked, nor anything that is out of season. He must not eat what has been crookedly cut, nor any dish that lacks its proper seasoning. The meat that he eats must at the very most not be enough to make his breath smell of meat rather than of rice. As regards wine no limit is laid down, but he must not be disorderly. He may not drink wine bought at a shop or eat dried meat from the market. He need not refrain from such articles of food as have ginger sprinkled over them, but he must not eat much of such dishes.¹

It is almost traditional for Chinese men of letters to take an interest in culinary art. A well-known poet of the twelfth century, Su Tung-Po, wrote many good recipes such as the Tung-Po pork and the Tung-Po vegetable soup, and not infrequently he wrote recipes in his poems, one of which is:

Lack of bamboo makes one vulgar
Lack of pork makes one thin,
In order to avoid vulgarity and slenderness,
Have pork with bamboo shoots now and again.

There was another poet of the nineteenth century, Yuan

¹ Confucius, Analects x. 7, 8. Waley's Translation.

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Mei, whose elaborate book of recipes *Sui Yuan Shih Pu*, is as famous as his poetic works.

There are a great many national characteristics common to both the Chinese and the English, but in the matter of food there is a great deal of difference. The English are mainly meat-eaters while the Chinese are vegetable eaters. With the exception of the Argentinians, the Americans and the English are the biggest meat consumers in the world. They consume on an average about 140 pounds of meat per head annually, while the Italians consume only 39 pounds. The Chinese, it may be safely presumed, do not exceed this amount consumed by the Italians. The average Chinese fares mainly on vegetables, eggs and bean products and very occasionally has fresh fruit, yet the Chinese are able to maintain good health because they know how to make vegetables as palatable as meat and to utilize the value of vegetables to the fullest extent. Chinese housewives fry their vegetables slightly in a small amount of lard or vegetable oil and only add a very small amount of water to help the vegetables to cook in their own juices. This method of using a small amount of lard or oil to cook vegetables has a threefold purpose: first, to brighten up the colour, especially in the case of green vegetables; second, to preserve its crispness while the vegetable is being wholesomely cooked; and finally to produce a rich and delicious gravy. For everyday meals Chinese housewives also cook mixed dishes, that is meat with dried or fresh vegetables. One of the advantages of mixed dishes is that a small amount of meat can go much further and can be shared by the whole family. Another advantage is that in mixed dishes meat and vegetables lend each other flavour. The English people eat their meat and vegetables on the same plate but cook them separately. Too often the vegetables are boiled until they are tender—the valuable mineral salts, as well as the flavour are thus lost in the water which is then poured down the drain. The result

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is a tasteless pulpy substance with very little goodness left in it. (Imagine the stupidity or the absurdity of cooking bamboo shoots without pork.) The Chinese humorist, Mr. Lin Yutang, sees the funny side of it. 'Having lost, or never known', Lin remarked, 'the art of cooking vegetables, and having fed themselves on a real, unadulterated, logical vegetable, they (the European people) proceed to give a man a logical steak, and when a man is eating a steak, he sees nothing but a steak.'

Another marked difference in the way of cooking is that the English boil their meat and vegetables without cutting them up and then add salt and pepper at the table. The Chinese generally cut up the meat and vegetables before cooking and season them while the cooking is proceeding. The advantages of the Chinese way are, firstly, that meat can be cooked in a comparatively short time and, consequently, its tenderness and its juice can more easily be preserved; secondly, the seasoning added during cooking produces a chemical reaction when heated and, as a result, penetrates every piece of the meat and produces both an appetizing flavour and a stimulating smell. Delicious taste, stimulating smell, attractive colour and artistic form are the four essential requirements of good Chinese food.

One cannot write a book on Chinese food without making some reference to the famous dish known in the West as 'Chop Suey'. 'Chop Suey' is pronounced 'Tsa Sui' in Mandarin, and it literally means mixed fragments. Though 'Chop Suey' is served in all the Chinese restaurants in the big cities in Europe and America, it is true to say that 'Chop Suey' is not known or eaten in China. The nearest approach to it in the Chinese recipes is what we call 'Chao Hui', a dish which contains pieces of chicken, bamboo shoots, ham, mushrooms and some minced pork balls, and which is said to have been the favourite dish of the famous statesman of the Chin dynasty, Li Hung Chang.

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The origin of the Westernized 'Chop Suey' is somewhat disputable. Some writers say that it was the creation of a Chinese cook in a mining district in America, who, when asked to serve food at late hours of the night, used up the remnants in his pantry. Others say that it was first served to foreign sailors at small food stalls in some Chinese coastal towns. One writer has gone so far as to say that it was invented by an Irishman in an American city, after his national dish, Irish Stew. No matter what its origin may be, 'Chop Suey' has always been a popular dish of the European and American patrons of Chinese restaurants. The reason for its popularity is probably that it has no strong flavour or taste of any kind, and is therefore more easily acceptable to the plainly-fed Western palates. It may also be due to the fact that although 'Chop Suey' is not a genuine Chinese dish, yet being quite distinct from European food, it gives Westerners the idea of novelty and a kind of exotic experience.

Chinese cooking can be classified into five main categories, namely, stewing, braising, semi-frying, deep-oil frying and roasting. It may be noted that pure boiling is absent from Chinese cookery. Chinese housewives use the method of semi-frying for vegetables, and stewing for liquid foods. Stewing and semi-frying are very much used in Chinese cooking and differ considerably from the English way. The Chinese way of stewing and semi-frying has two extremes. In order to avoid evaporation it is essential in stewing to use a very low temperature and to have the saucepan always covered. Precisely the opposite is used for semi-frying, in which a high temperature, a little grease in the frying-pan and quick stirring are the essential factors. The Chinese way of braising, deep-oil frying and roasting is similar to the English, except that the Chinese use soy bean sauce to brown the food in the case of braising and roasting.

As the way of cooking is mainly determined by the food-stuffs at one's disposal, the first essential factor in Chinese

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cooking lies in the choice of the right material for each particular dish. The advice of butchers and one's own common sense will already have half solved the problem. For instance, roasters and fillet steak are naturally not meant for stewing, and stewing beef or boiling chicken cannot be used for semi-frying. If this common-sense rule is applied on a wider scope the same strategy can be adopted on the whole kitchen front. In the same chicken the breast can better be used for semi-frying while the legs can be used for stewing. In the same piece of pork, the lean part can be fried while the fat part can be stewed or braised. Besides producing the most satisfactory result, this arrangement of the material provides for more dishes at a time when meat is not very plentiful. Round fish such as bass, salmon, carp, eels and bream are suitable for braising. Soft vegetables such as spinach, watercress, lettuce, celery, etc., should be fried quickly without adding any water as there is quite enough water left on them after washing to prevent them from sticking to the pan. Hard vegetables such as cabbage, brussels sprouts, cauliflower, french beans, runner beans, turnips, carrots, etc., should be fried slightly and a small amount of water added to help them to cook in their own juices.

The second essential factor lies in the cutting. In Europe the eater generally does the cutting. In China the cook does it. This is one of the reasons why the Chinese use chopsticks and the Europeans and Americans still cannot dispense with knives on the table at this stage of their civilization. Cutting is important because it determines the appearance of a dish and the length of time it should be cooked. There are various forms of cutting, such as fairly large squares and strips for braising and stewing; slices, fine thin strips and dice for semi-frying. In the case of mixed dishes, the choice of the method of cutting is usually determined first by the nature of the vegetables or dried vegetables, such as dried mushrooms, dried fungus, etc., and secondly, by the appearance of the

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accompanying dishes. In general, dice are suitable for fresh peas and broad beans, strips for bamboo shoots, slices for mushrooms. Variety also plays an important part in the choice, for if the cutting of the first dish is in the form of fine strips, it would be more inviting to have slices for the second one. In short, culinary art, like all other arts, requires both harmony and an avoidance of repetition.

The third important factor in Chinese cooking is the seasoning. Here again this is left to the individual eater of European food, but it is the primary task of a Chinese cook. The chief function of seasoning is to develop the original taste of the food and to get rid of any undesirable taste or odour. Cooking sherry, ginger, spring onions and sometimes garlic are used to get rid of the undesirable odours in fish, kidney, liver, etc. Salt, vinegar, soy bean sauce, sugar and some other Chinese seasoning or condiment are used to develop the original taste of the food. As has already been mentioned, the Chinese season their food during the process of cooking because they utilize the medium of heat to produce a kind of chemical reaction upon the condiment. In a boiling-pan cooking sherry acts as an agent to carry the undesirable odour away; ginger and garlic act as an agent to neutralize the unwanted taste, and the developing seasoning aroma or flavour penetrates into every particle of food. The process of seasoning is to apply the ridding agent first. Salt is always added after the food has been half fried. Salt should be applied with great discretion for it is easy to salt the food again should it not be sufficient. There is an erroneous idea that soy bean sauce is indispensable to every dish of Chinese food. Soy bean sauce is only essential in braising, but Bovril, Oxo or Marmite, which has a vegetable basis, can be a good substitute when soy bean sauce is unobtainable. Soy bean sauce is not used in stewing at all. In semi-frying there are two styles, namely, the 'white' in which salt is used, and the 'brown' for which soy bean sauce is required. The most

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satisfactory way of applying soy bean sauce is to coat the meat slightly with very thin cornflour paste first and to apply the sauce in small doses a few minutes before serving. Soy bean sauce has a strong flavour of its own and would destroy the original taste of food if it were applied too liberally.

The fourth important factor in Chinese cooking is the serving. Chinese food must be served immediately it is turned out from the frying-pan. This is specially essential with fish and other semi-fried dishes, for one can never get the full flavour and tenderness when the dishes are left luke-warm. Since it is the cutting and the preparation which take up most of the time (for the actual frying only takes a few minutes), the ideal way of serving Chinese food is to delay the cooking of a dish until the preceding one is eaten. It may be noticed that a lot of lard is mentioned, but the dishes do not taste greasy because the food must be served hot; and the vegetables absorb the grease. The order of serving Chinese food is cold dishes first, followed by fried dishes with wine, and finally braised and stewed dishes with rice. Vegetable dishes and soup are generally served last. Except at formal luncheons and dinners it is not the Chinese custom to have sweets following every meal. This may be one of the reasons why most Chinese are able to keep their teeth and their figure even after they have passed middle age.

GENERAL DIRECTIONS

This book contains one hundred recipes which are divided into five main groups, namely, (1) rice and noodles, (2) poultry and meat, (3) fish and eggs, (4) soups, and (5) vegetables and salads. Except in those cases where a whole chicken or duck is required, each recipe should be sufficient for four portions. As Chinese food is suitable for group eating, four persons are the ideal number. To make a good

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substantial Chinese meal requires one recipe from each group, making five dishes in all, but as a war-time economy, one of group 2 or 3 should be sufficient.

The fundamental difference between Chinese and English food lies in the method, not in the material. Ninety-seven of the recipes contained in this book can be cooked with ordinary English foodstuffs and these recipes can be used at any time of the year.

In the recipes a great deal of lard is mentioned but the lard can be replaced by olive oil or vegetable oil. A sufficient amount of lard is obtained in each ration, and to use it in cooking vegetables is a very nutritious use in war-time. If a large amount of lard is used, some of it can be poured off, kept and used again. *When Bovril, Oxo or Marmite is used as a substitute for soy bean sauce it should be diluted with water in the proportion of 1 to 3.*

Spring onions in the recipes can be omitted if unobtainable, and can also be replaced by leeks, onion powder, shallots or chives; chives can easily be grown in window-boxes. Fresh noodles can be obtained from Continental grocers: or they can be made according to the recipe in Section I. Chinese dried vegetables should be soaked one hour before using. The thin cornflour paste mentioned in the recipes is made of one dessertspoonful of cornflour with three dessertspoonfuls of water. Soy bean sauce, bean sprouts, bean curd, bird's nest and other Chinese goods can be obtained from the Shanghai Emporium, 6 Greek Street, London, W.1.

Section I

RICE AND NOODLES



PLAIN RICE

Wash half a pound of rice three or four times until the water is clear. In order to get an even heat it is advisable to use a very thick saucepan. The amount of water required for cooking the rice depends upon its quality. The better the rice, the less water it requires. For the medium quality add water to 1 inch above the rice, cover and boil on a moderate heat until the water is nearly absorbed, then turn the heat low with the saucepan tightly covered. Cook for another 20 minutes without stirring.

Rice can also be cooked in a steamer. Pour the rice into a steamer when it is half cooked as in the above method. Make some small holes in the middle with a chopstick or fork and steam it on a medium heat for 20 minutes. The advantage of the second method is that there is no danger of the rice being burnt in the final stage of cooking.

RICE AND MUSHROOMS

INGREDIENTS

$\frac{1}{2}$ lb. rice	2 oz. pork, veal or beef
$\frac{1}{2}$ lb. mushrooms	1 teaspoonful of soy bean sauce, Bovril or Marmite
1 teaspoonful of cornflour	
A few spring onions	1 oz. butter or lard

METHOD

Boil the rice as described but add $\frac{1}{2}$ oz. butter or lard, and

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1 teaspoonful of salt. Fry the mushrooms slightly in $\frac{1}{2}$ oz. lard or butter and add $\frac{1}{2}$ cupful of thin cornflour paste and stir well. Cut the meat into thin slices and mix with a few drops of a mixture of cornflour, water and soy bean sauce or substitute. Put all the ingredients on the rice when the water has nearly all been absorbed. Cover the saucepan tightly and simmer on a very low heat for 15 minutes. Serve with spring onions if desired.

RICE AND STEAMED CHICKEN

INGREDIENTS

4 oz. chicken	2 pieces of bamboo shoots, cabbage or celery
4 oz. fresh mushrooms	
$\frac{1}{2}$ lb. rice	A few spring onions

METHOD

Cut the chicken, mushrooms and bamboo shoots into slices of roughly 1 inch in width and 2 inches in length. Mix the meat and vegetables together with 1 tablespoonful each of cornflour and soy bean sauce or substitute. Boil the rice, and when the water is nearly absorbed by the rice put the meat and vegetables and a tablespoonful of lard on top. Simmer on a very low heat for another 15 minutes. In this way the chicken will be cooked by the steam and the rice will be flavoured by the chicken.

FRIED RICE

INGREDIENTS

1 lb. rice	6 spring onions
2 eggs or dried eggs	1 dessertspoonful of soy bean sauce or substitute
$\frac{1}{2}$ oz. lard	

METHOD

The kind of rice most suitable for frying is cold boiled rice. Cold cooked rice is firmer and will not stick together.



Rice and Noodles

Fry the rice in 1 oz. lard for ten minutes and *keep stirring*. Beat two eggs, pour over rice and fry slowly for another 5 minutes. Season with cut spring onions, salt or soy bean sauce.

FRESH NOODLES

INGREDIENTS

1 lb. flour	2 eggs or dried eggs
A pinch of salt	

METHOD

Make a dough with 12 oz. flour, 2 eggs and a pinch of salt. Knead well and roll out thinly. In order to avoid uneven rising of the pastry, rolling should always be done forwards. Sprinkle some flour on the pastry-board or deal table and flour the pastry with ground rice and ordinary flour evenly and frequently. Pleat the rolled pastry into two-inch folds and cut crisply into very fine strips for noodle soup, medium ones (about 1/10th inch) for braising, frying, etc. Sprinkle a little flour over the strips and loosen them on a large plate. They will now be in the form of long strips. Cover with a slightly damp cloth if not using immediately.

1. It requires 3 pints of water to boil 1 pound of noodles. Bring it to the boil before putting the noodles into the saucepan.
2. Put the noodles loosely in the boiling water and separate them with a pair of chopsticks or a fork if they stick together.
3. It takes about 5 minutes to cook fresh noodles.

FRIED NOODLES

INGREDIENTS

1 lb. noodles	1 lb. lean pork
1 lb. white cabbage, onions, celery or bean sprouts	1 tablespoonful of soy bean sauce, Bovril or Marmite

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4 oz. lard

A few Chinese dried mushrooms,
bamboo shoots or
fresh mushrooms

METHOD

Boil the noodles for 5 minutes in plenty of water, putting in the noodles loosely. When they float they will be ready. To prevent the noodles sticking together, put under running cold water and drain well, then spread flat on a plate. Cut $\frac{1}{2}$ lb. white cabbage, onions, celery or bean sprouts into thin strips. Then cut a few fresh mushrooms or Chinese dried mushrooms, or bamboo shoots into strips. Take $\frac{1}{2}$ lb. lean pork, veal or cooked chicken or ham and cut into strips. Fry the meat and vegetables in 1 oz. hot lard or oil for 5 minutes, add 1 tablespoonful of soy bean sauce and mix well. Fry the noodles separately in two tablespoonsfuls of oil for 5 minutes and add 1 tablespoonful of soy bean sauce or substitute. Fry the noodles, cooked vegetables and meat together for another 5 minutes.

FRIED CRISPY NOODLES

INGREDIENTS

1 lb. fresh egg noodles	1 lb. lard or olive oil
$\frac{1}{2}$ lb. white cabbage, onions, celery or bean sprouts	$\frac{1}{2}$ lb. lean pork or veal
	1 tablespoonful of soy bean sauce or Bovril

METHOD

Boil the noodles for 5 minutes, put them under running cold water, and drain well. Melt 1 lb. lard and fry the noodles in a strainer for about five minutes until crispy and brown. Chop the vegetables and meat finely and fry all together in a tablespoonful of hot lard adding the soy bean sauce. Serve these on top of the crispy noodles.

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BRAISED NOODLES

INGREDIENTS

1 lb. noodles	$\frac{1}{2}$ lb. lean pork or veal
1 pt. stock	$\frac{1}{4}$ lb. celery, cabbage or onions
1 tablespoonful of soy bean sauce or substitute	A few drops of vinegar
	1 oz. lard or margarine

METHOD

Boil the noodles for 6 minutes, put them under running cold water and drain well. Melt the $\frac{1}{2}$ oz. lard in a saucepan and fry the noodles for 3 minutes, adding soy bean sauce and stock. Cut the vegetables and meat into thin strips. Fry the vegetables in the rest of the lard for 5 minutes, add the meat, and fry all together for another 3 minutes and serve on top of the braised noodles.

CHINESE PATTIES

INGREDIENTS

1 lb. meat	$\frac{3}{4}$ lb. flour
$\frac{1}{2}$ lb. onions, cabbage, leeks, or celery	1 egg
1 tablespoonful of soy bean sauce or salt	A few drops of cooking sherry

FIRST METHOD

(Fried) Mince the meat with $\frac{1}{2}$ lb. onions or cabbage; fry in lard or oil for 10 minutes and season with the soy bean sauce or salt and cooking sherry. Leave it to get cold. Make a pastry with 12 oz. flour, 1 egg, 1 cupful of water and a pinch of salt. The water should not be added all at once, but should be mixed in as quickly as possible. In order to avoid uneven rising of the pastry, rolling should always be done forwards. Roll out thinly and cut into rounds 3 inches in diameter; fill with meat and close the ends tightly with a little

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cold water and press around with a fork. Fry in deep oil until crisp and brown and serve with vinegar and soy bean sauce.

SECOND METHOD

(Semi-fried.) The method of semi-frying is more economical when oil and lard are not plentiful. Fry the patties in 1 oz. oil or lard until the bottom of each one is brown. Pour $\frac{1}{2}$ cupful of stock or water over the patties and cook them covered for 3 minutes. When the steam has penetrated into the top part of the patties and the water in the pan has evaporated, they will be ready for serving.

THIRD METHOD

(Boiled.) The third method is to drop the patties into a large pan of boiling water and allow them to float to the surface; then pour on a few drops of cold water to avoid sticking. Serve with vinegar or soy bean sauce.

SPRING ROLLS

INGREDIENTS

$\frac{1}{2}$ lb. minced pork, beef or veal	1 dessertspoonful of soy bean
$\frac{1}{2}$ lb. bean sprouts, onions, celery or spring onions	sauce, Bovril or Marmite Salt and pepper
A clove of garlic or a slice of fresh ginger	1 lb. lard or oil $\frac{1}{2}$ lb. plain flour

METHOD

Wash the vegetable thoroughly. Unless you are using bean sprouts, cut the vegetable into fine strips. Fry in a small amount of lard or oil for 3 minutes, then add the minced meat and fry together quickly for another 5 minutes. During the process of frying pour in the soy bean sauce and add a pinch of salt. Leave this cooked meat and vegetable in a cool place for at least half an hour.

Rice and Noodles

Make a mixture with half a pound of flour and three quarters of a pint of water. Heat a small frying-pan (about 6-inch diameter) on a very low heat, grease its surface evenly with a piece of oil-soaked cotton and pour a tablespoonful of the flour mixture into the frying-pan. Let it run evenly over the whole pan until dry, then turn it out on to a flat plate. Repeat the same process for another eighteen (the number of pastry rounds required for the above amount of ingredients). This is the so called cooked pastry. If raw pastry is preferred, use the method given for Chinese Patties, but roll out more thinly and cut into rounds of 5-inch diameter.

Heap the cooked meat and vegetables oblong-wise in the centre of the pastry, fold up both ends first, then the sides. Close the edges with a little water.

After having made all the rolls, fry them in 1 lb. hot lard or oil three or four at a time until they turn brown.

CHINESE PIES

INGREDIENTS

$\frac{1}{2}$ lb. pork or veal	1 oz. lard
2 oz. bamboo shoots, fresh mushrooms or onions	1 dessertspoonful of soy bean sauce, Bovril or Marmite
A few spring onions	A pinch of salt

METHOD

Mince the pork finely and chop the vegetables into very small pieces. Fry them together in the hot lard for 5 minutes and season with soy bean sauce and salt. Allow it to get cold. Make a pastry with $\frac{1}{2}$ lb flour, adding a fair amount of yeast, and leave overnight. Roll the pastry out fairly thickly and cut into rounds of 3 inches in diameter. Fill with meat and vegetables and close up the edges on the top. They will be in the shape of round rolls.

Steam the rolls in a large tightly covered steamer on a moderate heat for half an hour.

Rice and Noodles

MACARONI AND MINCED MEAT

INGREDIENTS

$\frac{1}{2}$ lb. macaroni, noodles or spaghetti	$\frac{1}{2}$ lb. minced meat
A few spring onions	$\frac{1}{2}$ lb. fresh mushrooms or 2 tomatoes
1 dessertspoonful of soy bean sauce or substitute	

METHOD

Simmer the meat with the chopped mushrooms or tomatoes for 15 minutes. Boil the macaroni in a separate saucepan for 15 minutes and drain well. Serve the macaroni in a basin with the meat and chopped spring onions on top.

POTATO CAKES

INGREDIENTS

$\frac{1}{2}$ lb. boiled potatoes	2 oz. thick fat bacon
4 oz. flour	2 oz. lard, oil, or dripping
A few spring onions	A pinch of salt

METHOD

Mash the potatoes and mix well with the flour, 1 cupful of water, and the chopped spring onions. Dice the bacon. Shape the potato mash into round cakes and press into each some bacon dice, fry in smoking hot oil until both sides are of a golden brown colour.

Section II

POULTRY AND MEAT



ONE CHICKEN FOR 3 DISHES

1. FRIED CHICKEN WITH MUSHROOMS

INGREDIENTS

<i>Breast of the chicken</i>	$\frac{1}{2}$ lb. fresh mushrooms, celery,
1 tablespoonful of cornflour	cabbage, or other vegetables
A few drops of cooking sherry	A pinch of salt and pepper
1 oz. lard	1 dessertspoonful of soy bean
A few spring onions	sauce, Bovril or Marmite

METHOD

Take the breast of the chicken and cut into thin slices. Mix with cornflour, a pinch of salt and a few drops of cooking sherry. Cut some fresh mushrooms, celery, cabbage, or other vegetables into slices. Fry the mushrooms first with 1 oz. lard, then drop the slices of chicken in the hot oil, and keep stirring for a good 3 minutes till every piece of chicken turns white. A dessertspoonful of soy bean sauce or substitute and some chopped spring onions can also be added at the last stage if it is desired in the brown style.

2. STEAMED CHICKEN WINGS AND LEGS

INGREDIENTS

<i>Wings and legs</i>	1 dessertspoonful of cornflour
1 tablespoonful of soy bean sauce, Bovril or Marmite	$\frac{1}{4}$ lb. dried or fresh mushrooms Pepper and salt



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METHOD

Chop the wings and legs into small pieces. Mix with the soy bean sauce or substitute and cornflour. Add some Chinese dried mushrooms or English fresh mushrooms. Put in a deep basin and steam in a steamer on a moderate heat for 1 hour.

3. CHICKEN SOUP AND RICE

INGREDIENTS

<i>Bones of the chicken</i>	<i>A cupful of rice</i>
<i>Pepper and salt</i>	<i>1 lb. turnips</i>

METHOD

Make soup with the bones and remainder of the chicken, using 3 pints of water. Add a cupful of washed rice for thick soup, simmer for 3 hours and it will be ready to serve when the rice becomes very soft and the soup turns a creamy colour. For clear soup use 1 lb. turnips, peeled and cut into squares, which should be added to the soup after it has simmered for 2 hours.

STEAMED CHICKEN

INGREDIENTS

<i>A roaster or young boiler</i>	<i>Pepper</i>
<i>A teaspoonful of salt</i>	

METHOD

This recipe is easy to follow and extremely good for invalids and children. The chicken is cooked indirectly and consequently retains all its good essence.

Choose a roaster or young boiler. Put in a large basin with 4 pints of water and a teaspoonful of salt. Place this basin in a large steamer and steam for 6 hours on a moderate heat. If a large enough steamer is unobtainable, one can easily be

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improvised by using any large enamel basin covered with another of a similar size. It will be ready to serve when the meat can be easily pierced by a fork.

WHITE BOILED CHICKEN

INGREDIENTS

1 roaster	<i>Drop of sherry</i>
1 teaspoonful of salt	<i>Spring onion</i>
Pepper	<i>Piece of ginger or ginger powder</i>

METHOD

This recipe is also called 'five-minute-boiled' chicken, because it is only heated directly for 5 minutes. The chicken is mainly cooked by the boiling water in the saucepan and by the hot metal spoons or forks put inside it. This is one of the indirect ways of cooking a chicken, which thus retains hundred per cent flavour with minimum labour and gas.

Wash the chicken thoroughly and put inside four spoons or forks to absorb the heat. Boil 4 pints of water in a large thick saucepan and add the sherry, spring onion, salt, pepper and ginger; then put the chicken in when the water has been brought to the boil and let it boil for 5 minutes. Remove the saucepan, see that it is tightly covered and leave the chicken in the saucepan of water until it is cold. Slice as desired. Do not forget to use the bones to make stock.

WHITE JELLIED CHICKEN

INGREDIENTS

A roaster or fairly young boiler	<i>A few spring onions, watercress</i>
2 tablespoonfuls of salt	<i>or parsley</i>
A few drops of cooking sherry	

METHOD

Choose a roaster or a fairly young boiler. Singe and clean

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thoroughly. Boil a big saucepanful of water with 2 tablespoonfuls of salt, a few drops of cooking sherry, and a few spring onions. Drop the chicken in when the water is boiling and leave it on a very low heat for 1 hour. Remove the saucepan and leave the chicken in the soup for 4 hours. When the chicken is quite cold and firm cut it (from the breast first) into two, then remove wings and legs, and bone them. Cut the meat into long squares, and arrange the pieces in a dish, the breast at the bottom, then the legs and wings. Stew the bones separately with $\frac{1}{2}$ pint of the original soup for $\frac{1}{2}$ hour on a low heat, then pour it over the cut chicken. Leave it in a refrigerator or in a cold place overnight to jelly. Turn it out on to another plate and serve decorated with a few spring onions, watercress or parsley as desired.

The chicken bones should always be stewed for making stock.

DEEP OIL FRIED CHICKEN

INGREDIENTS

1 roaster or young boiler 1 lb. lard
Pinch of salt

METHOD

Wash the chicken well and dry thoroughly. Melt the lard and fry the chicken all over until golden brown. For a medium-sized chicken allow half an hour. During the process of frying baste the chicken constantly both inside and outside.

- This method of frying chicken has three advantages:
 1. Time and fuel are saved.
 2. The chicken retains its full flavour.
 3. Although the chicken is crisp outside the flesh remains tender.

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FRIED CHICKEN IN EIGHT PIECES

INGREDIENTS

*1 roaster or young boiler
1 lb. lard or olive oil*

*Spring onions
Pepper and salt*

METHOD

Singe, clean and wash the chicken thoroughly and dry it over the fire for a few minutes. If using a boiler simmer for half an hour. Take it out, let it get cold, and cut into 8 pieces, namely, 2 legs, 2 wings, the breast in two, and the back in two. Melt the lard and fry the chicken until all the pieces are golden brown. For a medium-sized chicken allow 20 to 30 minutes according to the age of the bird. Take out the breast and wings first as they require less cooking than the legs. During frying baste constantly. If the frying-pan is too small to hold all the chicken at once it can be fried in two lots. Serve seasoned with pepper and salt mixed together and baked slightly, and some spring onions cut about 2 inches long.

This recipe has the same good and economical advantages as the preceding one.

CHICKEN AND TOMATOES

INGREDIENTS

*½ chicken
1 lb. tomatoes
A pinch of salt*

*½ oz. lard or margarine
A few drops of cooking sherry
Pepper*

METHOD

Wash and cut the chicken into neat, small pieces and simmer in 1 pint of water on a low heat with the lid on for 20 to 30 minutes, according to the age of the bird. Add the lard or margarine, sherry and salt when it is nearly cooked, the tomatoes cut into halves, and simmer for another 10 minutes. Serve with salt and pepper. This dish goes with plain rice.

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BROWN BRAISED CHICKEN

INGREDIENTS

1 young boiler	<i>A few drops of cooking sherry</i>
4 tablespoonfuls of soy bean sauce	$\frac{1}{2}$ lb. fresh mushrooms
Bovril or Marmite	New potatoes or cabbage
	Salt and pepper

METHOD

Singe and clean the chicken thoroughly. Boil in a big saucepan with a quart of water on a slow heat for half an hour. Pour the water into another saucepan, then put four tablespoonfuls of soy bean sauce on the chicken and put in the mushrooms whole. In order to get every part of the chicken brown, turn it from time to time. Simmer for another hour. The chicken will be ready to serve. The stock left from boiling can be used for soup.

CURRIED CHICKEN OR BEEF

INGREDIENTS

Legs, wings and neck of chicken or $\frac{1}{2}$ lb. stewing beef	1 teaspoonful of cornflour 1 tablespoonful of curry powder
$\frac{1}{2}$ lb. turnips, white cabbage or green peas	

METHOD

Simmer the meat with a pint of water on slow heat for half an hour. Add $\frac{1}{2}$ lb. turnips, white cabbage or green peas. Stew together for half an hour. Mix the curry powder with cornflour and water and pour into the gravy and stir well over the fire for 5 minutes, then serve with chopped onions.

Poultry and Meat

CHICKEN AND CHESTNUTS

INGREDIENTS

$\frac{1}{2}$ chicken	1 tablespoonful of lard or oil
1 lb. chestnuts	2 tablespoonfuls of soy bean sauce
A few pieces of spring onions	1 tablespoonful of cornflour

METHOD

Chop the chicken into medium-sized pieces and simmer in a pint of water for an hour. Add peeled chestnuts, lard, and soy bean sauce, and cook together on slow heat for another hour. Thicken with thin cornflour paste and add spring onions and pepper before serving.

BRAISED PIGEON

INGREDIENTS

1 or 2 pigeons	Spring onions
2 tablespoonfuls of soy bean sauce	Ginger

METHOD

Singe and wash pigeons. Braise with two tablespoonfuls soy bean sauce and a quarter of a pint of water for 20 minutes, turning frequently. Cut into pieces when firm and cold and serve with spring onions and ginger or garlic.

SALTED PHEASANT

INGREDIENTS

1 pheasant	$\frac{1}{2}$ wineglassful of cooking sherry
2 tablespoonfuls of salt	A pinch of pepper

METHOD

Clean a fresh pheasant well inside, but leave it unplucked. Season it inside with the salt and pepper and damp it with cooking sherry. Hang the bird in a cold and airy place for a

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week, then pluck and singe well. Steam it on a slow heat for one hour and cut as desired.

BROWN BRAISED DUCK

INGREDIENTS

1 <i>roasting duck</i>	1 piece of ginger or ginger powder
2 tablespoonfuls of soy bean sauce or Bovril	1 dessertspoonful of cooking sherry
A few spring onions	
1 teaspoonful of sugar	

METHOD

Singe and clean the duck thoroughly. Simmer in a fairly large saucepan in half a pint of water and ginger, with the lid on, for half an hour, then pour in the sherry and the soy bean sauce or substitute, and sprinkle the sugar over the duck. Baste constantly and keep turning until it is brown all over. Simmer for another hour. Cut as desired when it is nearly cold and firm, and serve with spring onions.

Use the bones of the duck to make soup.

BRAISED DUCK STUFFED WITH RICE

INGREDIENTS

1 <i>duck</i>	Soy bean sauce or Bovril
1 oz. <i>spring onions</i>	Chinese sticky rice or very good quality rice
<i>Pepper and salt</i>	
<i>A few drops of cooking sherry</i>	(Sticky rice can be obtained from Shanghai Emporium)

METHOD

Singe and clean the duck thoroughly. Boil for half an hour. Stuff with Chinese sticky rice or good quality rice and simmer in a big saucepan with four pints of water on a slow fire for one hour. Pour the water into another saucepan, then

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add four tablespoonfuls of soy bean sauce or substitute and sherry and keep turning the duck in order to get it brown and simmer for another hour. The duck will then be ready to serve with pepper and salt and spring onions.

Rabbit is a good substitute if duck is unobtainable.

DUCK AND DRIED TANGERINE SKIN

INGREDIENTS

1 stewing duck	1 piece of ginger or ginger powder
2 oz. dried tangerine skin (can be obtained from the Shanghai Emporium) or dried mushroom rooms	2 spring onions Pepper and salt

METHOD

Singe and clean the duck thoroughly. Put it into a thick saucepan with 3 pints of water. Simmer on a very low heat for 2 to 3 hours according to the age of the bird. Add the other ingredients when it is brought to the boil. Have the lid on throughout the simmering. Serve with pepper and salt.

TUNG-PO PORK

INGREDIENTS

1 lb. fat pork	A few drops of sherry
2 lb. spinach or cabbage	A pinch of sugar
2 tablespoonfuls of soy bean sauce	

METHOD

Boil the pork in one pint of water for 15 minutes and pour the water into a basin. Add the soy bean sauce, sherry and sugar, and simmer on a very low heat turning constantly until every side is brown. From time to time, when the soy

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bean sauce is getting dried up, add a few drops of the water that has been drained off. Simmer for another 20 minutes. Leave it to get cold, then cut it into oblong pieces and arrange them in a basin with the rind-side at the bottom; put in a steamer and steam for an hour. Take some of the fat off the pork and use it to fry the spinach or cabbage; when fried, the vegetable should be heaped on top of the pork, then turn out into a deep basin and serve. The vegetable will be covered by the pork with the rind-side up.

STEAMED PORK

INGREDIENTS

1 lb. fairly lean pork	Small piece of ginger or ginger
1 oz. Chinese dried mushrooms or 2 oz. fresh English mushrooms	powder Pepper and salt
rooms	

METHOD

Cut the meat into thin slices and season with salt. Steam in a deep basin with a steamer for 10 minutes, then add $\frac{1}{2}$ pint of water and the Chinese mushrooms or English fresh mushrooms cut into slices. Stirring slightly, steam on a moderate heat for another 20 minutes. The steamer must be covered tightly throughout.

STEAMED MINCED PORK

INGREDIENTS

$\frac{1}{2}$ lb. fairly lean pork	A few spring onions
2 eggs	A pinch of salt

METHOD

Mince the meat finely and put it into a basin with the beaten eggs. Season with salt and add half a pint of water and the chopped spring onions. Place the basin in a steamer and

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steam on a moderate heat with the lid on for 20 minutes.
Serve with pepper.

FRIED PORK IN FINE STRIPS

INGREDIENTS

$\frac{1}{2}$ lb. lean pork, veal or lamb	4 oz. bamboo shoots, asparagus, french beans or cabbage
1 tablespoonful of soy bean sauce (can be omitted)	1 teaspoonful cornflour
6 spring onions	2 cloves of garlic

METHOD

Cut the meat into fine strips and mix with cornflour dissolved in a little water. Fry the fat part first if there is any, cut the vegetables in similar shape and fry in $\frac{1}{2}$ oz. lard or oil for five minutes, then add the meat and fry together quickly until every piece of the meat turns white. Add a small amount of lard or water if it begins to get sticky. The use of garlic is necessary only when veal or lamb is substituted. Season with salt or soy bean sauce and spring onions before serving.

STEAMED PORK WITH GROUND RICE

INGREDIENTS

1 lb. fairly fat pork	3 tablespoonfuls of soy bean sauce or Bovril
$\frac{1}{2}$ lb. ground rice	
A few drops of cooking sherry	

METHOD

Cut the pork into oblong pieces and soak in soy bean sauce for a few minutes, adding the sherry. Bake the ground rice slightly and mix it with the pork until every piece is covered with the rice. Put in a basin and steam, with lid covered, for $1\frac{1}{2}$ hours. During the process of steaming turn

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the meat several times and add a few drops of water if necessary.

STEAMED BACON

INGREDIENTS

1 lb. bacon (*a whole piece*)

METHOD

Steamed bacon is less salty than fried bacon and has a kind of smoky flavour. Place the piece of bacon in a deep basin and steam it for half an hour in a steamer and cut it in oblong pieces when serving.

The steamed bacon can also be fried with carrots or celery. Cut $\frac{1}{2}$ lb. of carrots or celery into slices and fry with the bacon for 5 minutes. Add a tablespoonful of water and cook for another 4 minutes. Serve when the water has evaporated.

BRAISED PORK

INGREDIENTS

1 lb. fairly fat pork	A pinch of sugar
1 tablespoonful of soy bean sauce	A pinch of salt
A few drops of cooking sherry	$\frac{1}{2}$ lb. mushrooms or $\frac{1}{2}$ lb. white cabbage

METHOD

Cut the pork into 2-inch squares and place in half a pint of cold water, bring to the boil and boil for 30 minutes. Pour the stock into a basin, add the soy bean sauce to the pork and stir it well on a slow fire until every piece turns brown. Season with the sherry, sugar and salt and return the stock to the pork. Cook for 20 minutes, turning the meat over 3 or 4 times. Put the mushrooms or cabbage, cut in large slices, underneath the pork and allow it to simmer altogether on a very slow fire for another 20 minutes.

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This braised pork also makes a delicious dish when it is served cold and cut into thin slices.

BRAISED BEEF

INGREDIENTS

1 lb. muscle beef	1 clove of garlic
1 tablespoonful of soy bean sauce	A pinch of salt
A few drops of cooking sherry	1 tomato
2 tablespoonfuls of lard or dripping	1 lb. small new potatoes

METHOD

Cut the beef into neat shapes of 2 inches in length and simmer on a slow fire with the lard and soy bean sauce for 20 minutes. Add the sherry, garlic, salt and tomato and stir well. Pour on 1 cup of stock or water. Scrape the potatoes and put them in the saucepan under the beef and allow it to cook on a very slow fire for another 30 minutes.

SWEET AND SOUR PORK

INGREDIENTS

1 lb. pork (ribs)	½ lb. Chinese or English pickles
2 tablespoonfuls of cornflour or flour	½ cupful of vinegar
½ cupful of water	1 tablespoonful of soy bean sauce
1 dessertspoonful of sugar	
1 lb. lard or oil	

METHOD

Chop the pork into neat shapes of medium size. Make a mixture of cornflour or plain flour, water and half a teaspoonful of salt. Drop the pork in it and mix well. Put in a saucepan of boiling lard or oil until each piece is brown.

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then drain it well. Mix cornflour with the vinegar, soy bean sauce and sugar in a saucepan. Stir it well on a slow fire, then add all the fried pork pieces and the pickles cut up small; stir together quickly for a couple of minutes.

COLD JELLIED LAMB, VEAL OR MUTTON

INGREDIENTS

1 lb. meat	<i>A few drops of cooking sherry</i>
1 doz. spring onions	
1 tablespoonful of soy bean sauce, Bovril or Marmite	

METHOD

Cut the meat into small pieces and simmer in half a pint of water for 1 hour; then add the chopped onions, or celery, and one tablespoonful of soy bean sauce, or substitute. Put in a soup plate in a refrigerator or a cool place overnight, then turn it into a flat dish and cut it up into squares or thick slices as desired.

Any left-over cold meat may be used to make this dish.

BRAISED TRIPE

INGREDIENTS

1 lb. cooked tripe	2 oz. lard or oil
<i>A few drops of cooking sherry</i>	1 tablespoonful soy bean sauce,
2 fresh mushrooms	Bovril or Marmite
1 clove of garlic	2 onions

METHOD

Cut the tripe into strips. Fry lightly for a minute in 2 oz. of lard or oil with cut up onions and garlic. Add a few drops of sherry, half a pint of water, 1 tablespoonful of soy bean sauce or substitute, 1 or 2 fresh tomatoes and simmer for half an hour.

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MINCED PORK OR BEEF BALLS

INGREDIENTS

1 lb. pork, half fat and half lean	1 egg or 1 tablespoonful of dried eggs
2 oz. breadcrumbs	A few drops of cooking sherry
½ cupful of flour	½ cupful of water

METHOD

Mince the meat finely and mix well with the breadcrumbs, egg and few drops of sherry. Add a little flour if it is too wet. Roll into balls and fry lightly; then simmer in water to which two tablespoonfuls of soy bean sauce have been added, using a very slow heat, for half an hour. Turn over 3 or 4 times during the process of cooking. Serve when the balls are brown and soft. Fry 1 lb. of cabbage or spinach separately and add the meat balls and simmer for another half an hour.

FRIED LIVER

INGREDIENTS

1 lb. liver	1 dessertspoonful of cornflour
½ oz. Chinese fungus or 2 oz. onions	1 oz. lard or oil
Ginger or garlic	A few spring onions
	1 dessertspoonful of soy bean sauce, Bovril or Marmite

METHOD

Cut the liver into small slices and mix with cornflour and the cooking sherry and ginger or garlic. Fry in the lard or oil quickly on a very strong heat and add the vegetables, previously sliced. Keep stirring until every piece turns pale brown, then pour in the soy bean sauce with the spring onions cut in 1-inch lengths. The entire process of cooking takes only about 7 minutes.

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FRIED KIDNEY

INGREDIENTS

1 lb. kidney	1 tablespoonful of soy bean sauce
1 dessertspoonful of cornflour	
1 oz. lard or oil	½ lb. celery
A few drops of cooking sherry	A few pieces of spring onion
Ginger, ginger powder or garlic	

METHOD

Remove any gristle and cut the kidney into small slices. Mix well with the cornflour and cooking sherry and ginger or garlic. In order to get tender kidney it is very important to fry it on a very high fire for 4 minutes and to serve immediately. Two minutes before serving pour in the soy bean sauce and stir well.

STEWED MUTTON

INGREDIENTS

2 lb. leg of mutton (with the skin)	1 dessertspoonful of soy bean sauce (can be omitted)
1 tablespoonful of cooking sherry	1 piece of ginger or 1 clove of garlic
1 oz. dried orange peel	1 teaspoonful of salt

METHOD

Cut the meat into neat shapes of a fairly large size and simmer in 2 pints of water for 2 hours on a very low heat with the lid on. Add the cooking sherry, ginger or garlic and dried orange peel when it has been brought to the boil. Stir a few times during the process of cooking. Season with soy bean sauce or salt before serving.

Poultry and Meat

FRIED SLICE PORK AND CUCUMBER

INGREDIENTS

$\frac{1}{2}$ lb. lean pork or veal	1 tablespoonful of soy bean sauce
$\frac{1}{2}$ cucumber, asparagus, sea kale or french beans	1 oz. lard or oil
1 teaspoonful of cornflour	

METHOD

Cut the meat into thin oblong slices and mix it with thin cornflour paste. Cut the cucumber into slices and fry in $\frac{1}{2}$ oz. lard for 3 minutes, then add the rest of the lard, and the meat, and fry all together for 5 minutes. Season with soy bean sauce and keep stirring, and fry for another 2 minutes before serving.

FRIED VEAL AND CELERY

INGREDIENTS

$\frac{1}{2}$ lb. veal steak	$\frac{1}{2}$ lb. fresh mushrooms
$\frac{1}{2}$ lb. celery	1 clove of garlic
A few pieces of spring onions	1 teaspoonful of cornflour
1 tablespoonful of soy bean sauce	1 oz. lard or oil
	A few drops of cooking sherry

METHOD

Cut the meat and vegetables into fine strips. Mix the meat with thin cornflour paste. Fry the vegetables in $\frac{1}{2}$ oz. hot lard for 5 minutes; add the rest of the lard and when it has melted, put in the meat and fry quickly for 5 minutes. Add the rest of the ingredients and fry for another 5 minutes, stirring constantly.

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LAMB AND CHINESE VERMICELLI

INGREDIENTS

$\frac{1}{2}$ lb. lamb	2 tomatoes
$\frac{1}{2}$ lb. Chinese vermicelli or $\frac{1}{2}$ lb. turnips cut in fine strips	1 clove of garlic or 1 piece of ginger
A few spring onions	A few drops of sherry
1 tablespoonful of cornflour	1 oz. lard or oil
Bovril	

METHOD

Cut the meat into fine strips and mix it in thin cornflour paste. Soak the vermicelli in hot water for 5 minutes. Cut the tomatoes into quarters. Melt the lard and fry the meat quickly for 5 minutes, then add the vermicelli and fry together lightly; add the soy bean sauce, sherry, spring onions, garlic and tomatoes and fry quickly for another 5 minutes. Pour in half a pint of water and let it cook for 5 minutes.

If turnips are substituted only a quarter of a pint of water is required.

STEAMED BEEF

INGREDIENTS

1 lb. stewing beef	A clove of garlic
A few drops of cooking sherry	1 teaspoonful of soy bean sauce
1 oz. Chinese dried vegetables, or Continental dried mushrooms, or fresh mushrooms	or Bovril
	Pepper and salt

METHOD

Cut the meat into $1\frac{1}{2}$ -inch squares and season with sherry, garlic and soy bean sauce or substitute. Put in a deep basin and steam in a steamer with the lid on for 15 minutes. Add the dried vegetables, dried mushrooms or fresh mushrooms and 1 pint of water, stir well and steam for another 45 min-

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utes. It will be ready when the gravy becomes brown. Serve with pepper and salt.

FRIED SLICED BEEF

INGREDIENTS

1 lb. steak	4 oz. celery, onions or cabbage
1 teaspoonful of cornflour	Pepper and salt
$\frac{1}{2}$ tablespoonful of soy bean sauce or Bovril	2 oz. lard or olive oil

METHOD

Cut the steak into thin slices. Mix well with thin cornflour paste. Cut the celery, onions or cabbage into very thin strips, fry in a little amount of lard for 3 minutes and remove. Melt the rest of the lard, spreading over the whole frying-pan and fry the meat on a very high fire for five minutes. In order to prevent sticking in the frying-pan, stir quickly and constantly until each piece of meat turns pale brown. Add the celery, onions or cabbage and 1 dessertspoonful of soy bean sauce or substitute and stir for another 2 minutes before serving.

FRIED CHICKEN LIVER AND GIZZARD

INGREDIENTS

1 lb. chicken liver and gizzard	Drop of sherry
Onions	24 slices of cabbage
1 oz. Chinese fungus	1 tablespoonful of soy bean
2 teaspoonfuls of cornflour	sauce
2 oz. lard or oil	

METHOD

Wash and clean the liver and gizzard well, cutting out the white skin from the gizzard. Slice fairly thinly and mix with cornflour and sherry. Wash the Chinese fungus thoroughly.

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Fry the fungus, onions and slices of cabbage cut thinly in 1 oz. lard for 5 minutes. Put this on one side of the frying pan and melt another ounce of lard and fry the liver and gizzard for 5 minutes. Add the soy bean sauce and stir it all together quickly for another 3 minutes.

Section III

FISH AND EGGS

FRIED SLICED FISH

INGREDIENTS

1 lb. any round fish	2 onions
1 tablespoonful of cornflour	2 oz. mushrooms or $\frac{1}{2}$ oz.
1 bamboo shoot (can be omitted)	Chinese fungus 2 oz. lard

METHOD

Slice the fish into thin pieces, and dip into thin cornflour paste. Slice the onions and fresh mushrooms (in the case of Chinese fungus they should be washed and well cleaned), and bamboo shoot. Fry the vegetables for 3 minutes and remove. Then put in a fair amount of oil or lard and let it become smoking hot. Drop the fish in and fry gently, put back the vegetables, together with one tablespoonful of water; braise for 1 minute with the lid on and then it will be ready to be served when every piece of the fish turns white.

FISH BALLS

INGREDIENTS

1 lb. any fine fresh fish	A few slices of ginger or cloves
$\frac{1}{2}$ lb. cornflour	of garlic
1 dessertspoonful of lard or sesame oil	Salt and pepper
A few spring onions	1 oz. Chinese dried fungus or dried mushrooms
1 tablespoonful of vinegar	

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METHOD

Bone the fish and chop it finely; season with salt and pepper, mix with cornflour and 1 egg and roll into small balls. Boil the bones to make stock. Add a few drop of sherry and vinegar and a little lard. Drop the balls in the soup and cook for 5 minutes. These fish balls can also be fried in deep oil until brown and served with a sweet and sour sauce (see sauce for sweet and sour pork, page 37) and pickles.

STEAMED FISH

INGREDIENTS

1 lb. <i>plaice, sole or turbot</i>	<i>A drop of vinegar</i>
1 oz. <i>onion</i>	1 tablespoonful of <i>soy bean sauce or Bovril</i>
$\frac{1}{2}$ lb. <i>Chinese dried mushrooms or fresh mushrooms</i>	1 oz. <i>lard or fat</i>

METHOD

Cut the mushrooms and onions into slices and mix in the soy bean sauce. Wash the fish thoroughly and place it in a basin with the white side up. Cover it with the other ingredients, put the basin in a steamer with the lid on and steam for 15 minutes. Season with a drop of vinegar, pepper and salt before serving in a big Chinese bowl or soup plate.

FRIED FISH

INGREDIENTS

1 lb. <i>sprats or small herrings</i>	1 egg or 1 tablespoonful of dried eggs
$\frac{1}{2}$ lb. <i>lard or oil</i>	2 oz. <i>flour</i>

METHOD

Clean the fish well, take out the inside and coat with flour and egg. Bring $\frac{1}{2}$ lb. lard or equal amount of oil to the boil and drop the sprats in five or six at a time and leave them in



Fish and Eggs

until brown, then remove and drain. Serve with salt and pepper.

BRAISED EELS

INGREDIENTS

1 lb. live eels	<i>A few drops of sherry</i>
1 celery or 1 leek	<i>4 cloves of garlic</i>
1 teaspoonful of cornflour	<i>1 dessertspoonful of vinegar</i>
2 tablespoonfuls of soy bean sauce, Bovril or Marmite	<i>1 oz. lard or oil</i>

METHOD

Clean the eels well and cut in lengths of 2 inches. Fry them all over in 1 oz. hot oil or lard for 5 minutes. Pour in the sherry, 2 tablespoonfuls of soy bean sauce or substitute and 1 cupful of stock or water. Add the garlic and celery or leeks, and simmer with lid on for another 10 minutes. Pour in the cornflour mixture and vinegar and stir well before serving.

BRAISED CARP

INGREDIENTS

<i>A carp of about 2 lb. or any other round fish</i>	<i>Small piece of ginger or ginger powder</i>
<i>2 tablespoonfuls of soy bean sauce or Bovril</i>	<i>1 oz. onion or substitute</i>
<i>2 cupfuls of stock or water</i>	<i>A few drops of cooking sherry</i>
<i>2 oz. lard or oil</i>	<i>A few drops of vinegar</i>
<i>1 teaspoonful of cornflour</i>	<i>Pepper and salt</i>
	<i>A clove of garlic</i>

METHOD

A large number of round fish such as carp, bream, sea-bream, rock salmon, trout and bass are suitable for braising in the Chinese way. Scale and wash the fish thoroughly. Fry it in 2 oz. hot lard or oil for 15 minutes, and keep pouring

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the oil on every part. Pour on the fish 2 tablespoonfuls of soy bean sauce or substitute, a small piece of ginger (or a little ginger powder), garlic, and 1 oz. onion or sliced celery, and braise for 5 minutes in order to allow the seasoning to penetrate into the fish. Add 1 dessertspoonful of cornflour dissolved in half a pint of stock, and cook all together for 20 minutes on a low heat. A few drops of sherry and vinegar can be added before serving, if desired.

LOBSTERS (ALIVE)

INGREDIENTS

1 lb. lobsters	½ lb. mushrooms, celery, leeks or lettuce
1 oz. lard or oil	1 clove of garlic or ginger powder
1 tablespoonful of cornflour	
A few spring onions	

METHOD

Pick the lobsters and dip lightly in thin cornflour paste. Fry the mushrooms or other vegetables in half the lard for 5 minutes and remove. Fry the lobsters quickly on high fire in the other half of the lard for 3 minutes, then mix with the vegetables and fry for another 3 minutes. Add garlic or ginger powder and spring onions before serving.

Live lobsters can also be cooked with the fresh boiling method. Boil the lobsters for 3 minutes, remove the flesh from the shell and cut into neat shapes, serve with vinegar and ginger powder. Freshly boiled lobsters are more tender than those already boiled bought from fishmongers.

FRIED (DEEP OIL) LOBSTERS OR ESCALLOPS

INGREDIENTS

1 lb. fresh or tinned lobster or escallops	1 egg or 1 tablespoonful of dried eggs
½ lb. lard or olive oil	2 tablespoonfuls of cornflour or flour
Salt and pepper	

Fish and Eggs

METHOD

Clean the fresh lobster and remove the flesh from the shell. Cut up the lobster into small pieces and dip them in a batter made of cornflour and egg and 1 tablespoonful of water. Bring the $\frac{1}{2}$ lb. lard or equal amount of oil to the boil and lower the pieces of lobster one by one into the smoking-hot oil and fry, not too quickly, until a golden brown. Serve with pepper and salt.

FRIED SALTED FISH

INGREDIENTS

1 lb. haddock or whiting (large ones if possible)	1 tablespoonful of vinegar
A few drops of cooking sherry	1 oz. lard or oil
	4 spring onions
	2 cloves of garlic

METHOD

Salt the fish and pour over a few drops of sherry, allowing it to stand overnight. Cut into large pieces and fry in smoking-hot lard or oil until brown. Crush the garlic, chop the spring onions and ginger finely and mix well with a tablespoonful of vinegar; serve this mixture on top of the fish.

FRIED FISH IN BATTER

INGREDIENTS

1 lb. any fish	$\frac{1}{2}$ cupful of flour
2 tablespoonfuls of vinegar	2 oz. lard or oil
Pepper and salt	2 dessertspoonfuls of soy bean sauce or 1 teaspoonful of salt
2 oz. cut pickles	
1 tablespoonful of cornflour	

METHOD

Cut the fish into small squares, dip in batter made of flour

Fish and Eggs

and egg, or flour and water, and fry in hot deep oil. When the fish is brown it can be served with pepper and salt or with a gravy and pickles. The gravy can be made with cornflour well mixed with a cupful of water, two tablespoonfuls of vinegar and soy bean sauce or salt. Boil for 3 minutes. Add 2 oz. cut pickles on top.

CRAB

INGREDIENTS

1 large crab (weighing about 2 lb.)	A few slices of ginger or ginger powder
1 oz. lard	2 cloves of garlic
1 tablespoonful of cooking sherry	1 dessertspoonful of cornflour
½ lb. spring onions	1 tomato
	1 egg

METHOD

Crab makes a delicious thick soup which is very easy to prepare. Remove the flesh from the shell and from the claws, put in a saucepan with 1 pint of water, 1 oz. lard, butter or any other vegetable oil, 1 teaspoonful of cooking sherry, a few slices of ginger (or ginger powder) or crushed garlic, $\frac{1}{4}$ lb. chopped spring onions and 1 tomato, thicken with 1 dessert-spoonful of cornflour and simmer for 20 minutes. Beat 1 egg in a soup tureen, pour in the crab and stir gently. The beaten egg will be cooked by the boiling soup, and the crab will retain its tenderness.

STEAMED EGGS

INGREDIENTS

3 eggs or tablespoonfuls of dried eggs	½ cupful milk
1 teaspoonful of salt	1 dessertspoonful of lard or butter

Fish and Eggs

METHOD

This recipe is very simple to follow and very nourishing for invalids. It goes well with hot cooked rice. Beat up the eggs in a deep basin for 2 minutes and add the milk, lard, salt and a good half pint of water, then stir all together well, place the basin in a steamer and steam for 15 minutes with lid on tightly. When it reaches the consistency of custard it is ready to serve.

SCRAMBLED EGGS AND ONIONS

INGREDIENTS

3 eggs or 2 tablespoonfuls of dried eggs	1 oz. lard, margarine or oil 1 teaspoonful of salt
$\frac{1}{4}$ lb. spring onions or onions (bacon can be used as sub- stitute)	

METHOD

Beat up the eggs for 2 minutes (soaked beforehand according to directions in the case of dried eggs). Chop the spring onion, onion or bacon finely, fry in $\frac{1}{2}$ oz. lard for 2 minutes, and remove. Melt the rest of the lard and let it spread over the whole of the frying-pan. Pour in the egg with the ingredients when the lard is smoking hot and let the egg spread evenly. Lower the heat and stir gently until it is of a creamy consistency.

EGG OMELETTE

INGREDIENTS

3 eggs	1 oz. lard
Salt and pepper	$\frac{1}{2}$ lb. fresh mushrooms or
1 oz. cooked ham or bacon	onions

METHOD

Beat the eggs thoroughly. Cut the meat and vegetables

Fish and Eggs

into very fine strips and fry lightly in a little lard. Melt the rest of the lard and let it cover the whole frying-pan, pour in the eggs and cook on a high fire until the egg hardens underneath and round the sides. Add the vegetables and meat on top and season with salt and pepper; fold into three and serve immediately.

SOFT CENTRE BRAISED EGGS

INGREDIENTS

<i>4 eggs</i>	<i>1 tablespoonful of oil or lard</i>
<i>3 tablespoonfuls of soy bean sauce, Bovril or Oxo</i>	

METHOD

Boil the eggs for 5 minutes and put them under running cold water for 5 minutes. Remove shells and put the eggs in a small saucepan with the soy bean sauce and lard and braise for 5 minutes, basting them with the sauce until they are dark brown. When fairly cold, cut into quarters with a sharp knife.

EGG AND SPINACH

INGREDIENTS

<i>3 eggs or 3 tablespoonfuls of dried eggs</i>	<i>$\frac{1}{4}$ lb. spinach</i>
<i>$\frac{1}{2}$ teaspoonful of salt</i>	<i>1 oz. lard or margarine</i>

METHOD

Wash the spinach thoroughly, fry in a little lard on quick heat for 3 minutes and remove. Beat up the eggs with the spinach chopped finely, adding salt. Melt the lard and let it run over the whole frying-pan. When it is smoking hot, spread the eggs and spinach and fry quickly for about 3 minutes until it becomes a green and creamy substance.

Section IV

SOUPS



CHICKEN AND HAM SOUP

INGREDIENTS

1 boiler	2 oz. 'Awabe fish' or dried prawns (can be omitted if unobtainable)
4 oz. Chinese ham or tinned Chinese ham	Pepper and salt
A few drops of cooking sherry	
A few pieces of spring onions (can be omitted if unobtainable)	

METHOD

Singe, clean and wash the chicken thoroughly. Simmer in a large, thick saucepan with 4 pints of water. Add the prawns, a few drops of cooking sherry and a dessertspoonful of salt when it is brought to the boil. The ham should be put in at the same time as the chicken if it is Chinese dried ham or an English ham bone, one hour later if it is tinned Chinese ham. Simmer on a very low heat with the lid on for another 2 hours, making 3 hours in all.

'BIRD'S NEST' SOUP

INGREDIENTS

2 oz. 'bird's nest'	1 oz. chopped small fresh mushrooms
2 oz. chopped fresh or cooked chicken	The white of one egg
1½ pints chicken broth or other stock	A few pieces of spring onions
½ oz. chopped cooked ham	1 dessertspoonful of cornflour



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Soups

METHOD

Soak the 'bird's nest' in hot water overnight or for 6 hours. ('Bird's nest' is not the ordinary kind of bird's nest, but small fish picked up by swallows for their nests and dried by sunshine in tropical climates.) Simmer it in a saucepan with 1½ pints of chicken soup for 15 minutes, then add the chopped chicken and mushrooms, bring to boil, add the mixture of cornflour and water and the white of the egg.

When the soup becomes semi-transparent, serve with the ham and spring onions.

VEGETABLE SOUP

INGREDIENTS

½ lb. spinach, spring greens, watercress or green peas	2 tablespoonfuls of sesame oil or olive oil
Salt and pepper	½ lb. fresh mushrooms

METHOD

Cut the mushrooms into slices and fry in the hot oil on a very low heat for 5 minutes. This is the way to make mushroom oil which is essential for making vegetable soup. Wash and clean the vegetables (cut into small pieces if using spring greens). Fry the vegetables in half of the mushroom oil (keep the rest of the oil for future use) for 5 minutes, then add 2 pints of cold water and simmer for 20 minutes on a very slow fire. The soup will become green in colour and the vegetables turn soft. Serve with salt and pepper.

MUSHROOM SOUP

INGREDIENTS

½ lb. small fresh mushrooms	1 teaspoonful of salt
½ lb. broad beans or green peas	Pepper
1 quart stock	

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METHOD

Simmer the mushrooms with the stock or water for 10 minutes. Shell the beans and remove the skin, and simmer with the mushrooms and stock for another 10 minutes. Season with the spring onions, salt and pepper before serving.

SLICED PORK AND DRIED HUANG-HWA (YELLOW PETALS)

INGREDIENTS

2 oz. lean pork	1 teaspoonful of cornflour
2 oz. Huang-hwa or dried Chinese mushrooms or fresh mushrooms	1 dessertspoonful of soy bean sauce
2 spring onions	1 teaspoonful of lard

METHOD

Slice the meat into thin pieces and mix with cornflour paste. Boil the Huang-hwa or mushrooms in 1 pint of stock or water. Add the meat and other ingredients and stir gently. Boil for another 5 minutes before serving.

SLICED CHICKEN AND MUSHROOM SOUP

INGREDIENTS

2 oz. chicken breast	1 dessertspoonful of soy bean sauce or substitute
2 oz. fresh or dried mushrooms	1 teaspoonful of cornflour
2 oz. bamboo shoots or the heart of a savoy cabbage	A few spring onions
½ teaspoonful of salt	

METHOD

Slice the meat into thin pieces and mix with thin cornflour paste. Cut the vegetables into thin oblong slices, boil in the

Soups

stock or water for a good 5 minutes. Add the meat and keep boiling until every piece of the meat turns white. Pour in 1 dessertspoonful of soy bean sauce, add half a teaspoonful of salt and some chopped spring onions before serving.

CHINESE VERMICELLI SOUP WITH MEAT BALLS

INGREDIENTS

$\frac{1}{2}$ lb. minced meat (fairly fat pork preferable)	1 oz. Chinese vermicelli
1 dessertspoonful of soy bean sauce (or substitute)	1 quart of stock
	Spring onions and salt
	1 dessertspoonful of cornflour

METHOD

Mix the minced meat well with a fairly thick cornflour paste and make into small meat balls. Wash the Chinese vermicelli in warm water, drain well and put into the stock to boil for 4 minutes. Add the meat balls and keep boiling for 3 minutes. Pour in 1 dessertspoonful of soy bean sauce or substitute and add some chopped spring onions before serving.

PORK AND DRIED CHINESE CUTTLE FISH SOUP

INGREDIENTS

2 oz. dried Chinese cuttle fish or $\frac{1}{2}$ lb. English fresh mushrooms	1 lb. fairly fat pork
	A few spring onions 2 teaspoonfuls of salt

METHOD

Soak the Chinese cuttle fish in warm water for 2 hours before using and cut into fairly large strips. Cut the meat into $\frac{1}{2}$ -inch squares. Put the fish or mushrooms and meat into

Soups

3 pints of cold water, bring to the boil and simmer on a very low heat with the lid on for 3 hours. The soup will turn a rich brown colour. Serve with salt, pepper and spring onions.

TROTTER SOUP

INGREDIENTS

2 or 4 trotters	2 pints of stock or water
½ lb. turnips	1 teaspoonful of salt
Spring onions	

METHOD

Clean the trotters well and chop into large pieces. Simmer in 2 pints of water for 2 hours, add the turnips cut in large squares and stew all together for another 20 minutes. Add the salt during the simmering. Serve with chopped spring onions and pepper.

PIG'S LIVER SOUP

INGREDIENTS

3 oz. liver	1 teaspoonful of lard or sesame oil
1 teaspoonful of Chinese dried vegetables or ½ lb. spinach	1 dessertspoonful of soy bean sauce or substitute
1 quart of stock or water	

METHOD

Cut the liver into slices and mix with thin cornflour paste. Wash the spinach or soak the dried vegetables. Boil 1 quart of stock or water with 1 teaspoonful of lard or sesame oil, and 1 dessertspoonful of soy bean sauce or substitute. Add the spinach or dried vegetables. Keep the stock boiling and add the liver. Leave it on the fire for another 3 minutes and it will then be ready for serving.

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KIDNEY SOUP

INGREDIENTS

2 or 3 kidneys	2 oz. fresh mushrooms
1 dessertspoonful of soy bean sauce	1 dessertspoonful of lard or olive oil
1 dessertspoonful of cornflour	

METHOD

Remove any gristle from the kidneys, cut into thin slices and mix well with a thin cornflour paste. Fry the sliced mushrooms and kidneys in $\frac{1}{2}$ oz. lard or oil for 2 minutes, then add 1 pint of hot stock or boiling water. It will be ready to serve as soon as it is brought to boiling point again.

PIG'S LUNGS SOUP

INGREDIENTS

1 lung	1 teaspoonful of sherry
2 oz. barley	A few pieces of ginger or a few cloves of garlic
1 oz. fresh mushrooms	
Salt and pepper	

METHOD

Pig's lungs make very delicious soup. Put the lungs under running cold water, fill up lungs and change the water 3 or 4 times until it is free of blood. Cut it into 2 pieces. Boil in slightly salted hot water for 10 minutes and remove. When it is nearly cold cut it into small pieces. Put it back into the stock with 2 oz. barley, a few drops of sherry, a few pieces of ginger or cloves of garlic and 1 oz. sliced mushrooms, and stew on a low heat for an hour. Serve with pepper, salt and spring onions.

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PIG'S BRAIN SOUP

INGREDIENTS

<i>3 pairs of pig's brains</i>	<i>1½ pints of stock</i>
<i>1 oz. Chinese vermicelli or 2 oz.</i>	<i>1 oz. sliced mushroom</i>
<i>grated turnips</i>	<i>A few drops of cooking sherry</i>
<i>Pepper, salt and spring onions</i>	

METHOD

Wash the brains thoroughly in salted warm water. Boil the Chinese vermicelli or grated turnips in the stock for 5 minutes, then add the sliced mushrooms and pig's brains. Put in the rest of the ingredients when it comes to boiling point again. Boil for 4 minutes before serving.

BEEF AND TURNIP SOUP

INGREDIENTS

<i>1 lb. muscle meat</i>	<i>1 tomato</i>
<i>1 lb. turnips</i>	<i>A few spring onions</i>
<i>A drop of cooking sherry</i>	

METHOD

Cut the meat into fairly large pieces and simmer in one quart of water on a very low heat for 2 hours; then add 1 lb. of turnips peeled and cut in squares, and the tomato. Allow it to cook on a very low heat for another 20 minutes. Serve with pepper, salt and spring onions.

EGG SOUP

INGREDIENTS

<i>2 eggs or 2 tablespoonfuls of dried eggs (soaked for 2 hours)</i>	<i>1 pint of stock or water</i>
	<i>1 teaspoonful of lard or sesame oil</i>
<i>1 teaspoonful of soy bean sauce, Bovril or salt</i>	

Soups

METHOD

Beat the eggs in a basin. Bring to boiling point 1 pint of stock or water, and add one teaspoonful of lard or sesame oil and season with soy bean sauce or salt. Pour it over the eggs and stir gently. The egg will be cooked by the heat of the soup. Two fresh or tinned tomatoes can be added if desired but boil the tomatoes for 5 minutes before pouring over the egg.

FISH HEAD SOUP

INGREDIENTS

1 large fish head or some small ones	$\frac{1}{4}$ lb. grated turnips A few spring onions
A few drops of sherry	A few pieces of fresh or dried ginger
1 oz. lard or sesame oil	
A few drops of vinegar	

METHOD

Wash the fish head, remove the gills and put in a few drops of sherry; put it in 2 quarts of cold water with the pieces of fresh or dried ginger and a few spring onions, and 1 oz. of lard or sesame oil. Simmer for 1 hour, then add a few drops of vinegar and a quarter pound of grated turnips. Boil for another 10 minutes until the turnips are tender and the soup obtains a creamy colour, when it will be ready for serving.

Section V

VEGETABLES AND SALADS



VEGETABLES

The Chinese way of cooking vegetables is semi-frying, for which a large, deep, thick frying-pan is required. Except for the making of soup, the Chinese do not cook vegetables with more water than is needed in a dish. Soft vegetables such as lettuce, watercress, spinach, etc., can be best cooked in their own juice. For other hard vegetables use only as much water as is required to cover the vegetable in the frying-pan. Water is always added after the vegetable has been fried slightly and is covered with an oily coat. Salt is added during the frying and soy bean sauce is not used in pure vegetable dishes at all. In order to preserve the green colour and the crispness, vegetables should not be covered with a lid during the process of cooking.

FRIED SPINACH

INGREDIENTS

1 lb. <i>spinach</i>	1 teaspoonful of salt
$\frac{1}{2}$ oz. <i>lard or oil</i>	1 clove of garlic (crushed)

METHOD

Wash the spinach thoroughly and do not remove stalks. Let the lard melt and spread over the whole frying-pan, then fry the vegetable on a very strong heat. The spinach will become soft and of a very bright colour as soon as it touches

Vegetables and Salads

the greased hot frying-pan. Keep turning the cooked part to the top of the raw part until every piece is soft. Add the salt and the crushed garlic before serving. If the frying-pan is not big enough to cook 1 lb. spinach at once, cook it in two lots. The whole process of cooking takes only about 3 minutes.

FRIED CABBAGE

INGREDIENTS

1 lb. cabbage	1 teaspoonful of salt
½ oz. lard or oil	

METHOD

Cut the cabbage into fairly large strips and fry in the hot lard for 3 minutes until every piece is covered with an oily coat. Season with salt and add 1 cupful of water. Let it cook on a strong heat for another 10 minutes.

Spring greens and brussels sprouts can be cooked by the same method.

The second method of cooking cabbage is to cut it into very fine strips. Fry quickly in ½ oz. lard for 3 minutes then add a teaspoonful of vinegar, a pinch of sugar and a teaspoonful of soy bean sauce. Fry for another 3 minutes. Serve when it is still very crisp.

FRIED MIXED VEGETABLES

INGREDIENTS

½ lb. each of carrots, turnips, celery, leeks	½ oz. olive oil 1 teaspoonful of salt
<i>A few drops of vinegar</i>	

METHOD

Peel the turnips and carrots and cut them into fine strips.



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Clean the celery and leeks thoroughly and cut them into fine strips. Fry all together in the hot oil quickly for 5 minutes. Add the salt and vinegar and fry for another 3 minutes. This mixture can be served as salad when it is cold. A few drops of sesame oil and soy bean sauce will add a stronger flavour.

FRIED FRENCH BEANS OR RUNNER BEANS

INGREDIENTS

1 lb. french beans
Salt

1 oz. lard

METHOD

Break the french beans into pieces about 2 inches long. Put them in the melted lard and fry, stirring constantly and adding half a tablespoonful of water at a time several times until the beans are cooked, allowing approximately 15 minutes.

BRAISED MARROW

INGREDIENTS

1 lb. marrow
½ oz. lard
1 tablespoonful lard

A few pieces of spring onions
1 dessertspoonful of cornflour

METHOD

Peel the marrow and take out the seeds. Cut the marrow into 2-inch squares and cut crisscross on the back of the squares. Melt the lard in a thick saucepan and fry the marrow in the oil until tender and of a golden brown colour, then pour in the soy bean sauce and keep shaking it for several minutes. Mix the cornflour in 1 cupful of water and pour it over the marrow and stir gently; simmer for another 10 minutes. Serve with chopped spring onions.

Vegetables and Salads

BRAISED GREEN PEAS OR BROAD BEANS

INGREDIENTS

1 lb. green peas or broad beans	1 teaspoonful of salt
1 tablespoonful of olive oil or	A few pieces of spring onions
1 oz. margarine	

METHOD

Fry the peas lightly in the hot oil and season with salt. If they are broad beans, remove the skin and break the beans into two pieces. Add enough water to cover the peas in the pan. Cook all together for 15 minutes. Add some chopped spring onions before serving if desired.

FRIED COS LETTUCE OR WATERCRESS

INGREDIENTS

1 lettuce or $\frac{1}{2}$ lb. watercress	1 teaspoonful of salt
$\frac{1}{2}$ oz. oil or lard	1 clove of garlic

METHOD

Wash the lettuce or the watercress thoroughly. In the case of lettuce, break into pieces of about 2-inch square. Fry in the hot lard or oil quickly until the green leaves turn soft. Season with salt and crushed garlic before serving.

BRAISED CARROTS

INGREDIENTS

1 lb. carrots	1 oz. lard, margarine or oil
Salt	

METHOD

Scrape the carrots, cut into medium slices and fry in the lard lightly for 3 minutes. Season with salt, pour on 2 cups of water and allow it to simmer for another 7 minutes and serve.

Vegetables and Salads

BRAISED TURNIPS

INGREDIENTS

1 lb. turnips	<i>A few spring onions</i>
1 oz. oil, lard or margarine	<i>Pepper and salt</i>

METHOD

Peel the turnips and grate into long strips. Fry in the lard for 3 minutes, pour on 1 cup of water and allow to simmer for another 5 minutes. Serve with chopped spring onions and pepper.

TURNIP TOPS

INGREDIENTS

1 lb. turnip tops	<i>1 oz. lard, oil or margarine</i>
Salt	

METHOD

Wash the turnip tops thoroughly. Put in a colander and pour boiling water over them in order to make them tender. Cut finely and fry in lard on a quick heat for 3 minutes. Season with salt and serve.

BEAN SPROUTS

INGREDIENTS

1 lb. bean sprouts	<i>1 drop of vinegar</i>
1 oz. lard, olive oil or margarine	<i>Salt</i>

METHOD

Soak the bean sprouts in water, put them in a colander under running cold water until they are clear of the skins. Melt the lard, then fry them quickly on a quick heat for 3 minutes. Add vinegar and salt and serve.

Vegetables and Salads

BEAN CURD

INGREDIENTS

1 lb. bean curd	2 oz. lard, margarine, or oil
½ lb. fresh mushrooms	A few spring onions
1 dessertspoonful of soy bean sauce or Bovril	1 teaspoonful of cornflour

METHOD

Cut the bean curd into oblong pieces and fry in 2 oz. of boiling lard until both sides are brown. Add the mushrooms and spring onions, stir all together gently, and thicken with cornflour paste, using teaspoonfuls of water. Season with soy bean sauce before serving.

SAVOY CABBAGE BRAISED IN MILK AND BUTTER

INGREDIENTS

1 lb. savoy cabbage	½ cup of milk
2 oz. butter or margarine	½ pint of chicken or other stock
1 teaspoonful of cornflour	1 oz. finely minced ham
Salt and pepper	

METHOD

Wash the cabbage thoroughly. Break into long pieces 2 inches wide, put into boiling water for 2 minutes and drain. Melt butter or margarine and fry the cabbage for 2 minutes, then pour in the stock, thicken with 1 teaspoonful of cornflour dissolved in ½ cup of milk, stir well, and allow to simmer for another 6 minutes. Season with pepper and salt and serve with the minced ham on top.

Vegetables and Salads

PICKLED CABBAGE

INGREDIENTS

1 large white cabbage	1 oz. olive oil
1 tablespoonful of vinegar	1 tablespoonful of soy bean
1 tablespoonful of sesame oil	sauce

METHOD

Wash the cabbage and break into pieces of roughly 2 inches. Heat the oil and let it spread over the whole frying-pan and fry the cabbage quickly for 3 minutes, then put it in a basin and season with soy sauce and sesame oil, mix well and serve with garlic. This pickled cabbage can be kept several days provided it is moistened by its sauce. Mix well each day.

PICKLED CELERY

INGREDIENTS

1 large white celery	1 tablespoonful of vinegar
1 tablespoonful of soy sauce	Salt
1 tablespoonful of sesame oil	

METHOD

Wash the celery, if it is very hard scrape off the outside. Cut into fairly thick strips, put in a strainer and pour some boiling water over it. Drain it well and season with salt, vinegar, soy sauce and sesame oil while it is still hot. It can be served hot or cold.

PICKLED RADISHES

INGREDIENTS

2 bundles of radishes	1 tablespoonful of soy sauce
1 tablespoonful of vinegar	1 tablespoonful of sesame oil
A pinch of salt	A pinch of sugar

Vegetables and Salads

METHOD

Wash the radishes and crush each with a large knife in order that they may open and the seasoning penetrate. Season with soy sauce, vinegar, salt, sugar and sesame oil.

The green tops of the radishes can be used as a vegetable. Use the semi-frying method.

PICKLED TURNIPS

INGREDIENTS

$\frac{1}{2}$ lb. turnips	1 tablespoonful of sesame oil
1 tablespoonful of salt	1 tablespoonful of vinegar

METHOD

Wash and peel the turnips and cut them into thin slices, season with 1 tablespoonful of salt and leave overnight. Any discoloration will disappear when it is fried in the hot oil for 5 minutes. Stir in the vinegar before removing from the fire. Add the sesame oil before serving, hot or cold.

PICKLED CUCUMBER

INGREDIENTS

1 cucumber	$\frac{1}{2}$ teaspoonful of salt
2 tablespoonfuls of vinegar	1 clove garlic
1 teaspoonful sesame oil or olive oil	

METHOD

Cut the cucumber into thin slices, put it in a basin and season with vinegar, salt and crushed garlic (can be omitted if unobtainable). Add the oil when it is ready to serve. This pickled cucumber can be kept several days provided it has sufficient sauce to keep it moist.

NAMES AND ADDRESSES OF CHINESE RESTAURANTS AND SHOPS IN LONDON

Chinese Restaurant, 4 Glasshouse Street, W.1.

Chong Chu Restaurant, 92 West India Dock Road, Poplar
E.14.

Hongkong Chinese Restaurant, 58-60 Shaftesbury Avenue,
W.1.

Ley On's Restaurant, 91 Wardour Street, W.1.

New Maxim Chinese Restaurant, 30 Wardour Street, W.1.

Shanghai Emporium, 6 Greek Street, W.1.

Shanghai Restaurant, 8 Greek Street, W.1.

Sun Sam Shing Co., 5 Limehouse Causeway, E.14.

Young's Restaurant, 180 Wardour Street, W.1.

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